

Fun with Breakfast

This lesson combines in-class discussion about breakfast with games that could be used by a food service director or teacher over the course of a week. Games are used to promote healthy lifestyle habits while teaching kids about nutrition and fitness. This lesson was designed mainly for third to fifth grade students, but could be adapted for older or younger children. A Food Guide Pyramid for children under 6 is included to assist parents or caretakers in determining how much and what type of food should be included in young childrens' diets.



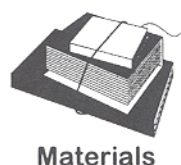
- To use games to teach children about the importance of eating breakfast
- To have children learn about the foods that make a healthy breakfast



Children



Lesson time: 40-50 minutes including activities or games
Preparation time: 30 minutes to review material and games and copy handouts



Games: Give Me a Breakfast Bingo
Are You a Lean, Eatin' Machine?
Breakfast Around the World
Breakfast Collage
Food Guide Pyramid for Children



The script on the following pages is provided for your use. Notes to you are in ***bold italics***—they are not part of the script. Handouts can be made into transparencies or copied and distributed during your presentation.



Script

Today we are going to learn about the most important meal of the day. Do you know what meal is the most important? (*Children may name other meals, but key into breakfast*). Yes! Breakfast is very important. Do you know why? (*Record responses. Their answers may include: this meal feeds an empty stomach; it gives the body fuel to work and play; it helps the body grow tall and strong; it helps you learn.*)

(Optional activity: count the number of students who ate breakfast that day. Have a running survey each day of School Breakfast Week - the first week in March. Award a prize to each student that ate breakfast every day.)

Who can name some of the foods we eat for breakfast? (*Ask the children what they had for breakfast. Count the number of children who ate cereal with milk today. Ask what type of cereal. Count the number of children who drank juice or ate fruit. Ask what type of fruit or juice. Count the number of children who ate a hot meal such as eggs or pancakes.*)

Can you think of some foods that you might eat in the morning, even though they might not be "breakfast" foods? (*Count the number of children who ate non-traditional foods like: pizza, peanut butter and jelly sandwich, leftover chicken, rice and beans, bread and cheese.*)

These are all good breakfast choices. Now let's play a game. (*Choose from any of the games in this lesson or create a breakfast collage. Reinforce the need to eat breakfast on a regular basis by talking with the children and playing different games.*)

Note: the games in this lesson were adapted from the Child Nutrition and Health Campaign which was sponsored by The American Dietetic Association/Foundation and Kellogg Company.

(Don't forget to fill out an evaluation form for this lesson and mail it to your state agency.)

Give Me a Breakfast Bingo

Suggested For: Children ages 8 through adult

Activity Synopsis: This reproducible game card can be used to play a bingo-type game that teaches players about the components of a healthy breakfast.

Activity Outcomes: Players will:

- learn the names of the five main food groups,
- identify breakfast foods and the food groups to which they belong,
- become familiar with a variety of foods they could eat for breakfast.

To Do Ahead: Reproduce enough bingo cards so that each player has his or her own card. Distribute to the players.

- Have players take out a pencil or crayon.
- Go over the game rules.
- Explain that the logo in the center of the card is a “free” space.

What to Do: The teacher calls out the name of a breakfast item and writes it on the chalk board. Each player must first determine to which food group it belongs and then write the name of the food (or draw a picture of it) strategically on his or her card under the correct food group heading. For example, if “cereal” is called, players need to know that it is in the breads, grains and cereal group and must write (or draw) cereal in any space in that food group column on their card.

To add variety, the caller may choose to name foods from the “others” group. However, players should not place them on their cards.

When a player has bingo, the teacher should check their card against the foods listed on the chalkboard and make sure all the foods are in the correct food groups. The first person to achieve bingo gets to name an activity for the group to perform, e.g., 10 push-ups or hop on one foot 20 times.

Give Me a Breakfast Bingo

BREADS, CEREALS AND GRAINS	F R U I T S	V E G E T A B L E S	M E A T, FISH AND DRY BEANS	M I L K AND DAIRY PRODUCTS



- Rev up your day the five food group way
- If you want to ace a test, don't forget your breakfast
- Cereal, milk and fresh fruit for breakfast? I'm all over it!
- Turn off the tube, get up and move!

Are You a Lean, Eatin' Machine?

Suggested for: Children ages 9-12

Activity Synopsis: Children can take the quiz to see how their breakfast eating and activity habits rate. Once they find out their score, they will receive a few tips about how to improve it.

Activity Outcomes: Children will be able to take the quiz and:

- recognize the importance of eating a healthy breakfast and staying physically active,
- evaluate their breakfast and activity habits,
- identify one or two things they could do to improve their current habits.

To Do Ahead: Reproduce the quiz.

What to Do: Have the children take the quiz. When they are finished, help them tally their scores. Follow up with a class discussion about the importance of eating a nutritious breakfast and daily physical activity. Offer practical tips to help the children think of ways they can improve their eating and exercise habits.

Are You a Lean, Eatin' Machine?

Find out if you're a lean, keen eatin' machine or a channel surfing mood food dude. Answer the following questions and place a check mark by either "Sounds like me" or "No way! Can't relate." When you are done, tally your score and find out what's up.

	Sounds Like Me	Can't Relate
① Breakfast? No time.		
② Food Pyramid - That's in Egypt right?		
③ I wig out if I miss breakfast. Breakfast helps me think and concentrate better at school.		
④ Cereal, toast, milk and fruit in the morning - I'm all over it!		
⑤ My parents always tell me to eat a variety of foods from each of the Pyramid groups.		
⑥ I like to hang with my family on the weekends. We are very active.		
⑦ The one sport I excel at is channel surfing.		
⑧ Fiber? That's something old people worry about?		
⑨ As if three meals were enough. I need snacks like fruit, and yogurt to keep me fueled.		
⑩ I'm too busy to exercise.		

How to Tally Your Score

If you answered Sounds Like Me to a question preceded by a ● give yourself 1 point.

If you answered No Way! Can't Relate to a question preceded by a ○ give yourself 1 point.

TOTAL SCORE _____

10 to 8 points--Congrats! You're a lean, keen eating machine! You have clued into the fact that eating a healthy breakfast and staying active will help you perform like an all-star both at school and at play.

7 to 5 points--Hang in there! When it comes to eating healthy, you are not totally clueless. With a little fine tuning, you can rev up your machine in no time. Be sure to start your day with a nutritious breakfast like cereal, milk, and fruit. And look for ways to get physical--roller blade, shoot some hoops or whatever else makes you want to move.

4 to 0 points--Look Alive! If you keep this attitude, you may end up like a channel surfing dude. Start your day with a nutritious breakfast like cereal and milk, fruit and yogurt. Breakfast will help you jumpstart your brain.

Breakfast Around the World

Breakfast is when you eat, not what you eat. Your body is happy as long as it's getting carbohydrates for energy; protein and vitamins to help you grow; calcium for strong bones and teeth; and fiber to keep food moving inside you.

Match the country to the breakfast:

- | | |
|-------------------|---------------------------------------------------------------------------------------------------------------------------------|
| 1. Argentina ____ | A. Rice, dried pork, pickles and soybean juice—with chopsticks. |
| 2. China ____ | B. Bread wrapped around fried eggplant, beans, tomatoes and peppers—under the pyramids. |
| 3. Egypt ____ | C. Fresh rolls with chocolate butter spread, hot milk with a little coffee in it—and you thought it was spaghetti. |
| 4. England ____ | D. Steak, eggs and milk—before going out on the pampa. |
| 5. Finland ____ | E. Grilled kidneys, tomatoes, sausages and egg—before you go see the queen. |
| 6. Italy ____ | F. You can't leave the table until you <i>finnish</i> your fruit, cheese, tomatoes, and cucumbers, smoked reindeer and bread. |
| 7. Japan ____ | G. Warm beans with tomatoes and onions, goat cheese with lemon and oil get you ready for the safari. |
| 8. Morocco ____ | H. Cereal, milk, juice and toast—it's probably what you ate today. |
| 9. Sudan ____ | I. Roasted seaweed dipped in soy sauce, boiled rice, pickled radishes and salted plums—and don't forget to take off your shoes. |
| 10. USA ____ | J. Lamb soup, thin pancakes with honey, figs and purple grapes—don't forget your fez. |

Answer key: 1. D 2. A 3. B 4. E 5. F 6. C 7. I 8. J 9. G 10. H

Breakfast Collage

A breakfast collage placemat will help children visualize foods that they could eat for breakfast. Give children magazines and ask them to cut out pictures of foods they would like to eat for breakfast. Have the children paste the pictures onto their placemat. Then ask the class to go around and share some of the foods that can be eaten for breakfast. Stress that it is important to eat breakfast, whether it be cereal and milk or leftovers from dinner.

Materials: Blank paper placemats, magazines, scissors, tape or glue

